



Smart Steps RC Employee Wellness Program

June 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 1-7 National Headache Awareness Week Check out the National Headache Foundation's Guide to Headaches and Migraines at www.headaches.org					1 Fitness Fridays @ Cheekwood <i>Every Friday thru 6/29</i> For schedule of events www.cheekwood.org	2 Free Skin Cancer Screening 9 am – 1 pm Blackman Family Physicians 2706 Old Fort Pkwy. Suite E Murfreesboro
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Wellness on Wheels: Join us on June 20th for our first Wellness on Wheels event featuring Blood Pressure and Cholesterol checks and interactive information on UV protection with sun safety beads!			Dairy Day 9 am – 1 pm Lane Agri Park Murfreesboro		Relay for Life 6 pm – 6 am @ Lane Agri Park 315 John Rice Blvd.	Simply Smyrna Summer Fest
17	18	19	20	21	22	23
		Diabetes Support Group 6 pm – 7 pm 1272 Garrison #308 Murfreesboro	W.O.W.: Wellness on Wheels BP, Cholesterol Checks & Sun/UV protection 11 am – 1 pm RC Courthouse 1 Public Sq.			
24	25	26	27	28	29	30
		Men's Health Lunch-n-Learn <i>Chris Haynes of Crossfit Rutherford</i> 11:30 am – 12:30 pm <i>Rutherford Cty. Health Dept. 100 W. Burton St.</i>	W.O.W.: Wellness on Wheels 11 am – 1 pm Risk Management Office Drug Court & Human Resources Depts.			